

## Advice to my 20-year-old self...

If you could go back in time as yourself now – with all of your knowledge and life experiences – and give your 20-year-old-self one piece of advice – what would that be? Wise words, from many wise women!

- Act on crazy ideas!
- Save more money
- Get rid of stuff – early
- Tomorrow is always better after a bad day
- Laugh more, clean the house less
- Don't pluck your eye brows – they fall out later in life
- Be fearless
- Take a parenting class before you have kids
- Always take a leadership role – don't just be a participant
- Stop comparing yourself on where you are in life
- Jump in and apply yourself to whatever you're doing
- You are defined by the decisions you make
- Decisions can help you & others or hurt
- Every decision is a chance to make a change
- Don't Restate • Don't worry • Don't look back
- Organizing and planning ahead will reduce your stress and help you to be more calm, professional and happy.
- Your attitude is a choice, choose to be influential and positive
- Don't be afraid to go for what you want and ask for help. People actually like to help
- It's about the journey...don't get lost in the day-to-day. Focus on the big picture
- Be easier on yourself and invest more in YOU time
- Give yourself perspective – from this comes wisdom and patience
- Think beyond today – from this comes patience and perspective

- Learn to notice and appreciate all moments big and small, from this comes hope and love
- Be open • don't be so hard on yourself • dream BIGGER • don't judge • be fearless • accept feedback • be coachable
- What others think of you is none of your concern – don't sweat the small stuff
- Don't do it!
- Travel more
- Life is short – stress less
- Don't be afraid to take those chances that come up – even when they seem scary or impossible
- Don't be afraid to reach out to others
- Family time
- Breathe
- Nothing is over until things are better – limit worry as much as possible
- Eat healthier and exercise • self-care is important • come from a place of gratitude – daily journaling
- Seek advice from others in the career path you are looking at – they are where you want to be – listen and learn
- CHILL OUT
- Enjoy life and every experience that comes your way
- Embrace all opportunities to learn and live live to the fullest
- Don't be afraid to try new things, set your sights high, DO NOT CARE what others think. Listen to others, but in the end it is your life!
- Slow down and savor each moment
- Really listen to your intuition and your inner voice to tell you how to move forward
- Don't be afraid to get out of your comfort zone and do what you are really passionate about
- Don't be shy • take more SAFE risks
- Switch jobs every 3-4 years

- Don't stress so much! It is ok to not be perfect and to ask for help!
- Treasure time with family and even when you don't want to go with them to do things
- LAUGH
- Follow your heart • make more art • trust your gut feeling
- Learn – Learn – Learn
- Stay calm and trust the process! All that worry and ambition won't help.